

## About the Walkathon & 5K Run

This is the most important fundraising event of the year for the Cancer Resource Center of the Finger Lakes (CRCFL). All of the money raised remains right here in our community to provide programs and services for people with cancer & their loved ones. 2017 marks our 23rd year of this exciting event and we hope you will join us!

## About the Cancer Resource Center

We listen and provide information & support to individuals affected by cancer. Assistance is provided in-person at our Resource Center at 612 W. State St. in Ithaca and on the campus of the Cayuga Medical Center. Our motto says it all: *no one should face cancer alone.*

We began in 1994 as the Ithaca Breast Cancer Alliance (IBCA) & expanded our mission in 2007 in order to serve men & women with any type of cancer. We're proud of the fact that CRCFL is the only cancer resource center of its kind in Central New York.

## T-SHIRTS: \$15 (order when you register)

Availability for pick up:

- **beginning 10/17** at CRC (until Dec. 1<sup>st</sup>)
- on 10/20 from 2-7pm at FLRC
- 9-10am at the event

## IMPORTANT NOTE:

Sizes are 1<sup>st</sup> come, 1<sup>st</sup> served – we'll do our best, but there is no guarantee we will have your 1<sup>st</sup> choice in stock, *so pick up your shirt early!*



## Questions?

gvgb.co/WalkRun2017 or crcfl.net

Email info@crcfl.net,

Call our office 607-277-0960 or

Stop in at 612 W. State St. Ithaca

## REGISTER: Avoid waiting in line!

\$30 early bird

\$35 beginning Oct. 19 at noon.

Register online: [gvgb.co/WalkRun2017](http://gvgb.co/WalkRun2017)

(or just go to our website [www.crcfl.net](http://www.crcfl.net))

## GATHER DONATIONS!

*Team Up for More Fun!*

Use our online fundraising tools to email your friends, family, teachers & co-workers who can donate easily by following the link in your email or by using this form.

## PRIZES FOR RAISING MONEY!

Go to [gvgb.co/WalkRun2017](http://gvgb.co/WalkRun2017) for details

## EARLY REGISTRATION ENDS:

**Thur. Oct. 19 at noon - registration fee increases to \$35.** After this time Walkers & Runners can only register at the event.

## RUNNER PRE-REGISTRATION PICK UP:

**Fri Oct 20<sup>th</sup> from 2-7pm:** Runners who have pre-registered can pick up a bib at the Finger Lakes Running Co. 215 E. State St., 275-FLRC

## PARTICIPATE:

**10:00am 5K Run & 2 Mile Fun Walk**

**9-10:00am** Registration/Check-in

**9:45am** Zumba

**10:30am** Pancake Breakfast

Live entertainment performing along the course route. Contact us if you'd like to perform (sing, dance, hula hooping, etc!)

Parking available but **carpooling strongly encouraged.** Expect traffic.

# 2017 23rd Annual



CRC'S  
**WALKATHON  
& 5K**  
NO ONE SHOULD FACE CANCER ALONE

**OCT 21 2017**  
TO REGISTER:  
[www.crcfl.net](http://www.crcfl.net)

## Cass Park

Taughannock Blvd, Ithaca NY

**Run & Walk begin at 10 am**  
(Registration begins at 9 am)



CANCER  
RESOURCE CENTER  
OF THE FINGER LAKES



United  
Way  
of Tompkins County  
Affiliate Member Organization

